

Meal Pattern Overview for NSLP

Updated July 30, 2013



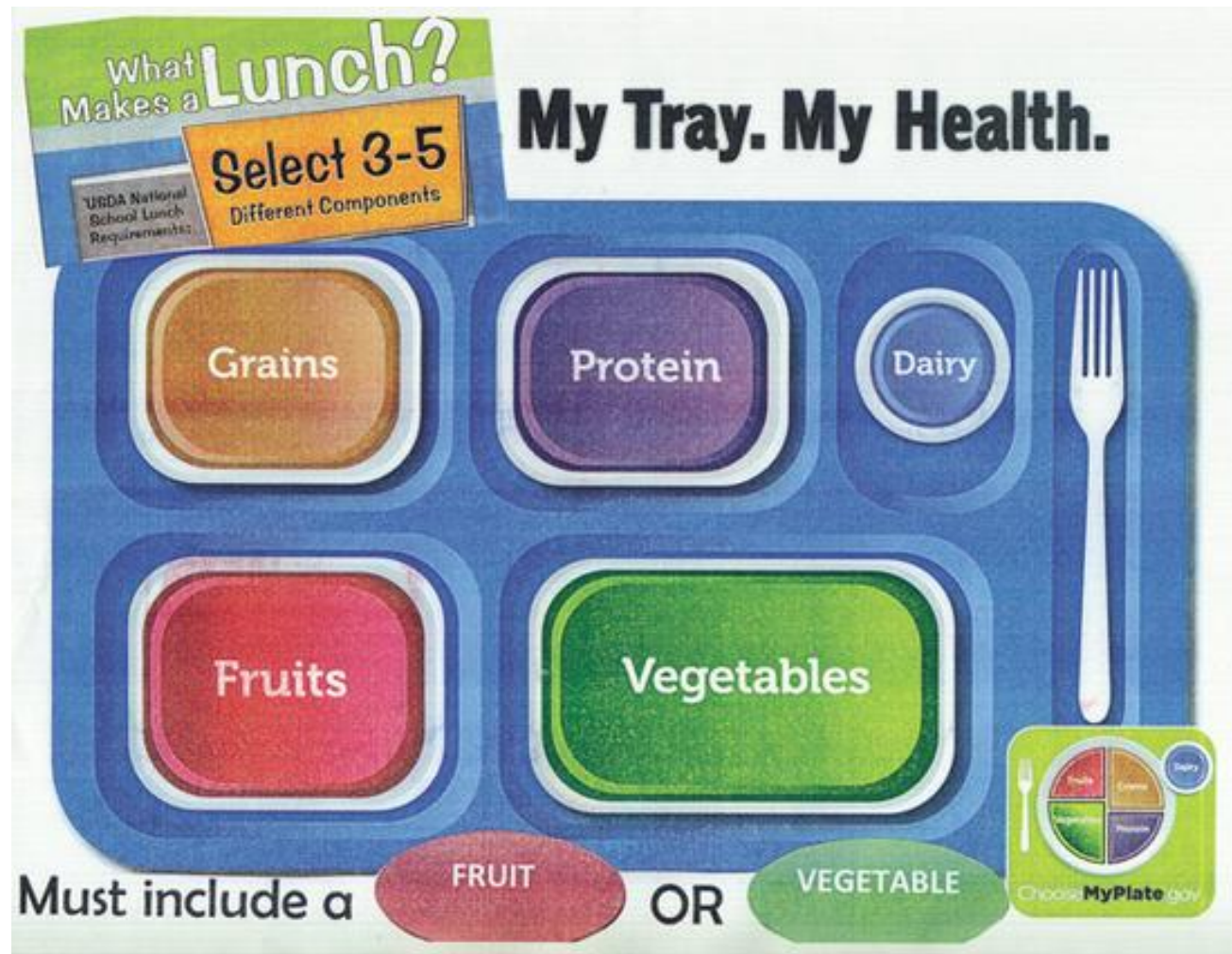
New Requirements Lunch

- Food Based Menu Planning approach
- Age/grade groups K-5, K-8, 6-8, 9-12
- Offer vs Serve
 - Reimbursable meals must contain a fruit or vegetable (½ cup minimum)
- Monitoring
 - 3-year administrative review cycle beginning SY 2015
 - Conduct weighted nutrient analysis on 1 week of menus
- Changes to food components and quantities
- You must identify reimbursable meal components at the **beginning** of the food line [this also applies to the NBP]

Identification of Reimbursable Meal

- Identify content of reimbursable lunch and breakfast near or at the beginning of the serving line(s)
- Assures students do not unintentionally purchase a la carte items, minimize issues at point of sale
- Schools have discretion how to identify these foods
 - Discretion depends on set up, age of children, etc

Identifying Meal Components



WHAT'S FOR LUNCH!



Must take a fruit or a vegetable

This information is an equal opportunity provider. Developed by the Idaho Child Nutrition Programs



What Will You Choose?

OFFER VS. SERVE



Breakfast

FRUIT/JUICE • GRAINS/WHOLE GRAINS • LOW FAT OR FAT FREE MILK

3 is good.
4 is best!

Lunch

**FRUIT/JUICE • VEGETABLE • GRAINS/WHOLE GRAINS
MEAT/MEAT ALTERNATIVES • LOW FAT OR FAT FREE MILK**

3 is good.
4 is better.
5 is best!

MUST CHOOSE ONE FRUIT OR ONE VEGETABLE



Lunch Meal Components

- Fruits
- Vegetables
- Grains
- Meat/Meat Alternate
- Milk





Lunch Fruit and Vegetables

- Two separate food components
- Daily and weekly requirements
- Vegetables have subgroups that must be met per week
- Quantities have increased
- Limits on amount of fruit and vegetable juice

Lunch Fruits



New Offered Quantities

Grades K-8

- 2 ½ cups fruit minimum weekly
- ½ cup minimum daily

Grades 9-12

- 5 cups fruit minimum weekly
- 1 cup minimum daily

Changes to Standards

- No more than half of the weekly fruit component may be juice
- Fruit served in light syrup, own juice, or water
- Frozen fruit WITHOUT added sugar
- Fresh
- Dried (remember ¼ cup counts as ½ cup)
- 100% fruit juice
- Refer to updated Food Buying Guide for crediting

Lunch Vegetables



New Offered Quantities

Grades K-8

- 3 $\frac{3}{4}$ cups of vegetables minimum weekly
- $\frac{3}{4}$ cup vegetables minimum daily

Grades 9-12

- 5 cups of vegetables minimum weekly
- 1 cup of vegetables minimum daily

Subgroups

- Dark green
- Red/Orange
- Beans/Peas (Legumes)
- Starchy
- Other

***no more than $\frac{1}{2}$ of weekly vegetable component can be juice**

Dark Green Vegetables

K-12 (1/2 cup weekly minimum offered)

- Broccoli
- Greens (collard, mustard greens, turnip greens, kale)
- Spinach
- Romaine
- Watercress
- Endive
- Escarole



Red/Orange Vegetables

K-8 (3/4 cup weekly minimum offered)

9-12 (1 1/4 cup weekly minimum offered)

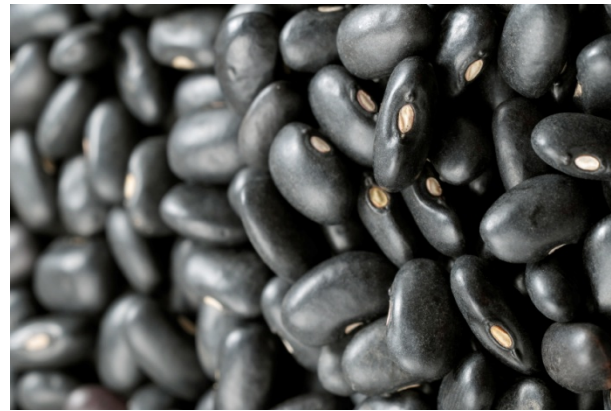
- Carrots
- Pumpkin
- Red peppers
- Tomatoes
- Tomato juice
- Sweet potato
- Winter squash (acorn, butternut, hubbard)



Beans/ Peas (Legumes)

K-12 (1/2 cup weekly minimum offered)

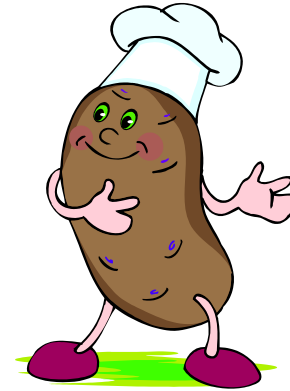
- Black beans
 - White beans
 - Garbanzo (chickpeas)
 - Pinto
 - Soy beans
 - Black eyed peas
 - Spilt peas
- *Must be mature beans—green beans, snap peas, green peas DO NOT COUNT



Starchy Vegetables

K-12 (1/2 cup weekly minimum offered)

- Corn
- Potatoes
- Cassava
- Fresh cowpeas, field peas, or black-eyed peas (not dry)
- Green bananas
- Green peas
- Green lima beans
- Plantains
- Taro
- Water chestnuts



Other Vegetables

K-12 (1/2 cup weekly minimum offered)

- Bean sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Green or wax beans
- Green peppers
- Lettuce (iceberg)
- Mushrooms
- Onions
- Summer squash
- Zucchini



Lunch Crediting Certain Fruits/Vegetables

- Raw leafy greens- credited as $\frac{1}{2}$ the volume
- Dried fruit- credited as twice the volume
- $\frac{1}{8}$ cup is the smallest creditable size
- Additional vegetables from any subgroup except starchy vegetables are creditable as the “Other Vegetable”

Fruits/Vegetables – Serving Sizes

- Serving Size – What needs to be provided?
 - $\frac{1}{8}$ cup?
 - $\frac{1}{4}$ cup?
 - $\frac{1}{2}$ cup?
 - More?
- Any of the above can work if you have enough of each option



How to Determine Serving Size of Fruits/Vegetables

- At the hot lunch line:
 - Serving utensils
 - Some pre-portioned items (salads, fruit cups, etc.)
- At the register:
 - Visual aid (cup or bowl to verify at least ½ cup)
 - Fruit bowls near register (students who have not taken a F or V)
 - Must be covered and served using tongs
- At the salad bar:
 - Portion controlled serving utensils (Example: 1/2 cup scoops)
 - Planned portion sizes determined by menu planner
 - Some pre-portioned items

Lunch Meat/Meat Alternative



New Offered Minimum

Grades K-5

- 8 oz eq weekly
- 1 oz eq minimum daily

Grades 6-8

- 9 oz eq weekly
- 1 oz eq minimum daily

Grades 9-12

- 10 oz eq weekly
- 2 oz eq minimum daily

Changes to Standards

- Tofu and soy yogurt allowable (memo SP-16-2012)
- Mature beans and dry peas (if offered as a meat alternative cannot count as a bean/pea subgroup also)
- Low-fat, low sodium products encouraged

Lunch Grains



New Minimum Offered Quantities

Grades K-5

- 8 oz eq weekly
- 1 oz eq minimum daily

Grades 6-8

- 8 oz eq weekly
- 1 oz eq minimum daily

Grades 9-12

- 10 oz eq weekly
- 2 oz eq minimum daily

Changes to Standards

- ½ of all grains offered must be whole grain rich
- Only 2 oz of grain based desserts may be counted per week
- Beginning in SY 2015 ALL grains offered must be whole grain rich
- Formulated grain-fruit products removed
- Serving determined by 16 g grain per serving

Determining Whole Grain Rich

Must first meet the serving size requirements as well as one of the following:

- >8 grams of whole grain per serving

OR

- FDA whole grain health claim on product *“Diets rich in whole grain foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers”*

OR

- **Whole grain listed as the first ingredient on the ingredient label for non-mixed dishes and the first grain ingredient listed on a mixed dish**

Requirements for Whole Grain Rich Foods (WGR)



- 100% of grains offered must be whole grain rich beginning;
 - 2014-2015
 - Whole grain rich means that an item is made up of at least half whole grains. THE PRODUCT DOES NOT NEED TO BE 100% WHOLE WHEAT.
 - Whole White Wheat is considered a whole grain

Lunch Milk

- **1 cup minimum per day**
- **Must offer at least 2 choices:**
 - 1% unflavored milk
 - Unflavored nonfat milk
 - Flavored nonfat milk
- NOTE: if serving flavored milk it must be nonfat!
- No changes to milk substitutes



9-12 Lunch



K-5 or 6-8 lunch



1. Skim chocolate milk – 1 cup
2. Fresh Pear – ½ cup fruit credit
3. Lettuce and tomato – ¼ cup vegetable credit (1/4 cup lettuce credits as 1/8 cup, 1/8 cup tomato)
4. Mixed Corn – ½ cup vegetable credit
5. Taco Shell – 1 oz eq grain
6. Taco Filling/Cheese – 1 ½ oz eq M/MA credit

Weekly Weighted Average for Nutrient Specifications

	K-5	6-8	9-12
Minimum/ Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Sodium (mg) [beginning SY 2015]	<1230	<1360	<1420
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat <u>per serving</u> (naturally occurring excluded)		

Age/Grade Groups

- Overlap in K-5 and 6-8 meal patterns
 - A single menu can meet both patterns
 - Must meet following:
 - 8 oz eq grains per week
 - 9 oz eq meats/meat alternates per week
 - Weekly weighted calorie range 600-650

Age/Grade Groups (cont'd)

- No overlap in grades 6-8 and 9-12 meal patterns
 - Schools that consist of both grade-groups must develop menus accordingly to meet needs of these two separate groups
 - Previously, schools allowed a one grade level deviation
 - No allowance for this in new meal pattern

Short and Long Weeks

- General approach is to increase or decrease required weekly quantities by 20% for each day variation from a standard 5-day week
 - *Daily* requirements apply regardless of week length

Multiple Offerings and Serving Lines

- Regulatory Requirement
 - “Schools that offer a variety of lunches or multiple serving lines must make all required food components available to all students, on every lunch line, in at least the minimum required amounts”
 - 210.10(k)(2) on page 4147 in Federal Register

Multiple Offerings and Serving Lines (cont'd)

- Daily minimum requirements
 - **Students must select the minimum daily requirement to meet any single meal component**

Multiple Offerings and Serving Lines (cont'd)

- Vegetable subgroup weekly requirements
 - No daily subgroup requirement
 - What if a school only serves two of the weekly subgroups on one day (the same day) and the student may choose only one of these?
 - *Need to make the affected subgroups available for student selection on an additional day*
 - Lots of training and technical assistance needed to prevent/correct this

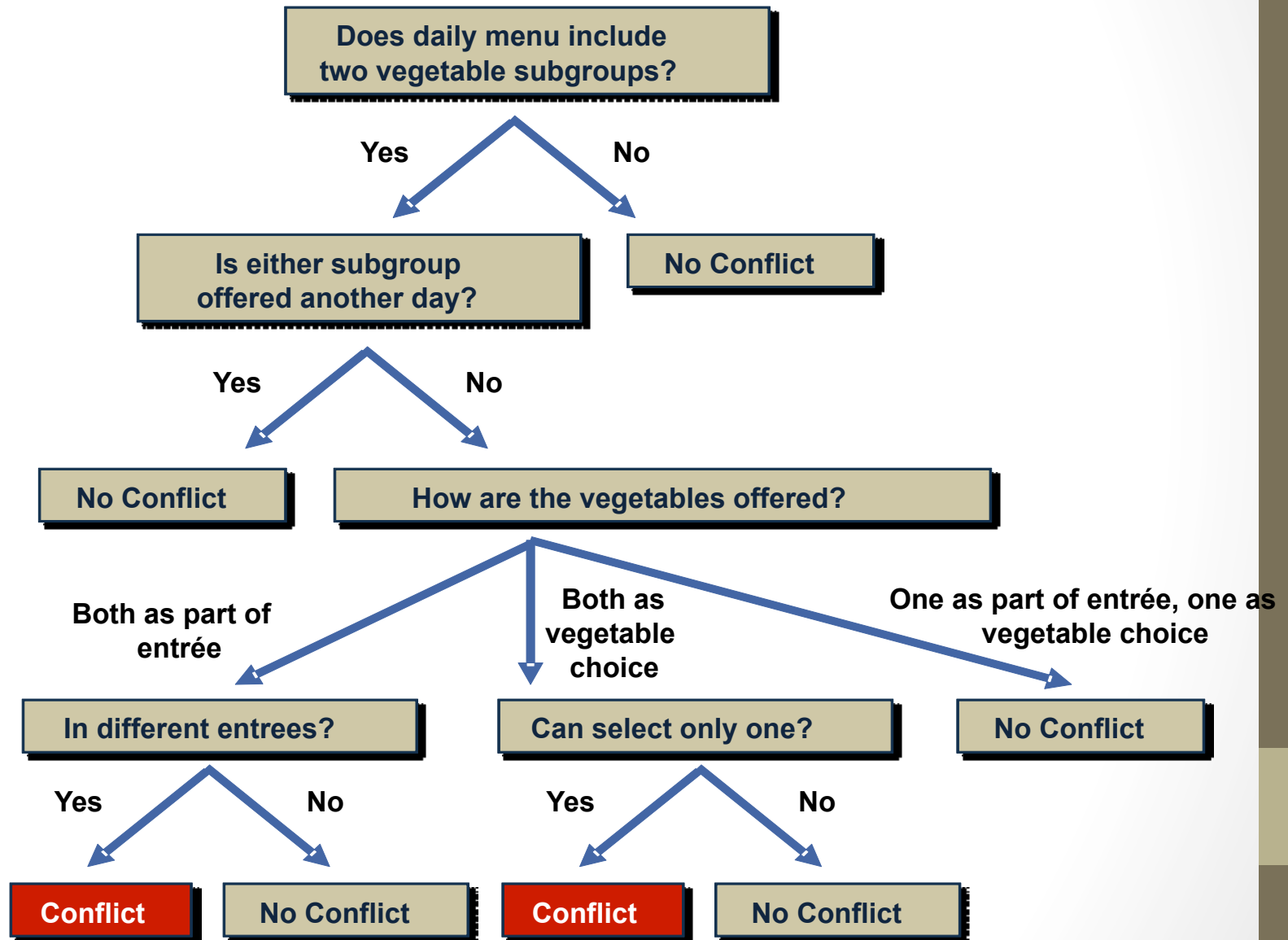
Salad Bars

- Excellent way to offer variety of vegetables
- If a separate serving line, must offer all components of a reimbursable meal
 - All daily and weekly requirements must be met
 - For vegetable subgroups, schools must *offer*, but child does not have to take subgroups
 - Variety within subgroups encouraged but not required
- Suggestions for using salad bars
 - http://teamnutrition.usda.gov/Resources/tricks_trade.pdf
 - Know the planned portion sizes
 - Pre-portion some foods
 - Use portion-controlled serving utensils

What if the salad bar is placed after POS system?

- Considered “extra food” that is not part of reimbursable meal
- Cannot count vegetable subgroups on salad bar
 - Student must have access prior to the register to count towards a reimbursable meal
- Food will become costly
- Find a way to move salad bar before register
- May request a waiver from DOE if you have a valid reasoning

Vegetable Subgroup Decision Tree



Multiple Offerings and Serving Lines (cont'd)

- Weekly minimum requirements
 - Grains and meat/meat alternates
 - Sum of daily minimums must meet the weekly minimum requirement
 - Weekly minimums are not an average

Day of Week	Menu Choices	Oz. eq./ item	Smallest offered per day
Monday	Chili with Cornbread	1.5	1.5
	PBJ on Bread	3	
	Ham and Cheese on Roll	1.75	
Tuesday	Baked Potato Bar	1	1
	PBJ on Bread	2	
	Turkey Wrap	1.5	
Wednesday	Pizza	2	1.75
	PBJ on Bread	2	
	Tuna on Roll	1.75	
Thursday	Popcorn Chicken	1	1
	PBJ on Bread	2	
	Egg Salad on Wrap	1.5	
Friday	Roast Turkey with Stuffing	1	1
	PBJ on Bread	2	
	Ham Italian on Hot Dog Bun	1.5	
Weekly Minimum			6.25

OFFER VERSUS SERVE



OVS - What Didn't Change

- Only required for senior high schools for the NLSP
- Optional for lower grades for the NSLP
- Optional for the SBP at all grade levels

What must be offered in NSLP

- 5 components
 - Meat/meat alternate
 - Grains
 - Fruits
 - Vegetables
 - Milk

OVS for NSLP--What must be taken

- Must take at least 3 of 5 components
- Must take at least $\frac{1}{2}$ cup serving of the fruit or vegetable component at all age/grade groups
- Student may take two $\frac{1}{4}$ cup servings of the same item fruit or vegetable to meet the requirement
- Can mix different fruits to reach minimum required serving
- Can mix different vegetables to reach minimum required serving
- Can mix fruits AND vegetables to meet the requirement (1/8cup minimum of each item)

Is this reimbursable?

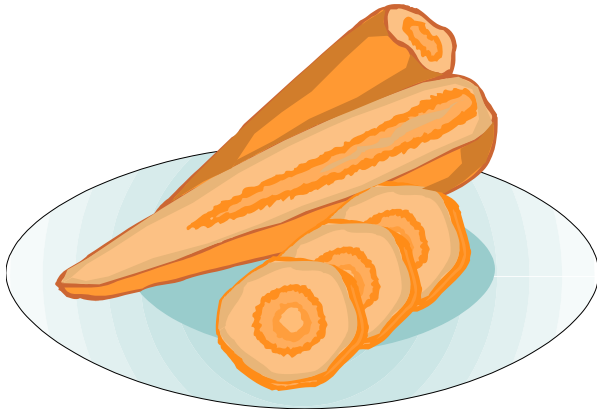
**OFFER VS. SERVE GAME FOR LUNCH
GRADES 9-12**



2 oz. eq. MEAT/MEAT
ALTERNATE
2 oz. eq. GRAINS



1 cup FRUIT



1 cup VEGETABLE



8 oz. MILK

Is This a Meal?

Participant #1 takes:



2 oz. eq. MEAT/MEAT ALTERNATE
2 oz. eq. GRAINS



8 oz. MILK

The Answer is:



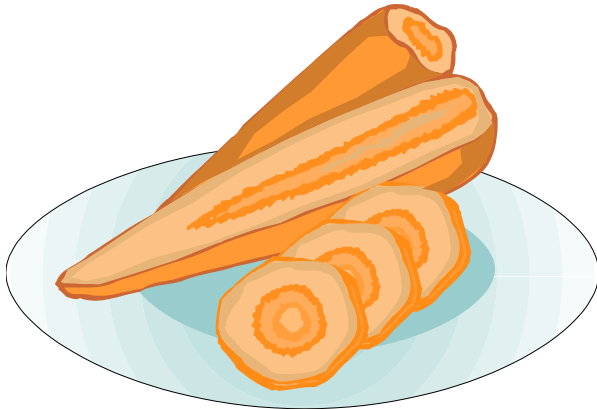
- **Meal is missing a fruit or a vegetable.**
- **Participant #1:**
 - **Declines** two of the five food components:
 - Fruit and Vegetable
 - **Takes** three reimbursable food components:
 - Meat/Meat Alternate, Grains, and Milk



2 oz. eq. MEAT/MEAT
ALTERNATE
2 oz. eq. GRAINS



1 cup FRUIT



1 cup VEGETABLE



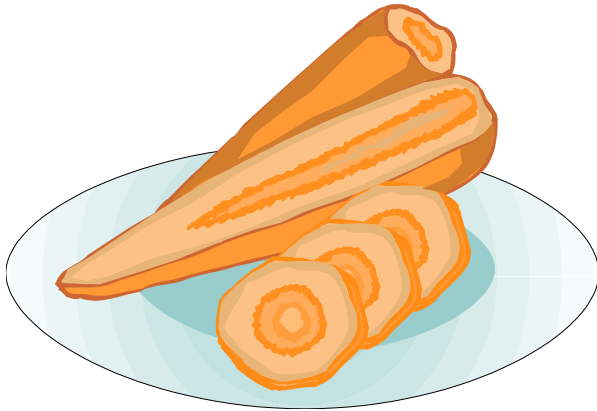
8 oz. MILK

Is this a Meal?

Participant #2 takes:



1/2 cup FRUIT



1 cup VEGETABLE



8 oz. MILK

The Answer is:



Participant #2:

- **Declines** two of the five food components:
 - Meat/Meat Alternate and Grains
- **Takes** three reimbursable food components:
 - Fruit, Vegetable, Milk

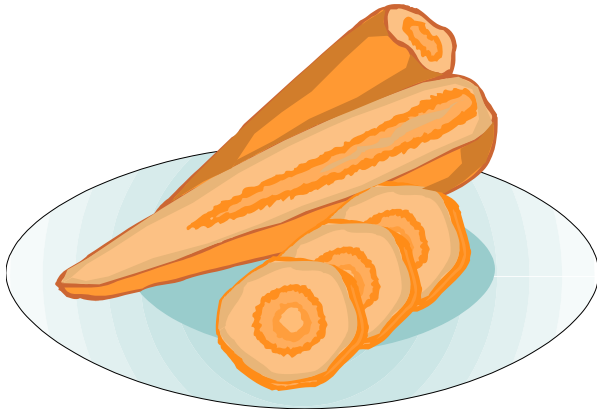
Remember: Participants can refuse any 1 or 2 components – including a meat/meat alternate, grain, or milk.



2 oz. eq. MEAT/MEAT
ALTERNATE
2 oz. eq. GRAINS



1 cup FRUIT



1 cup VEGETABLE



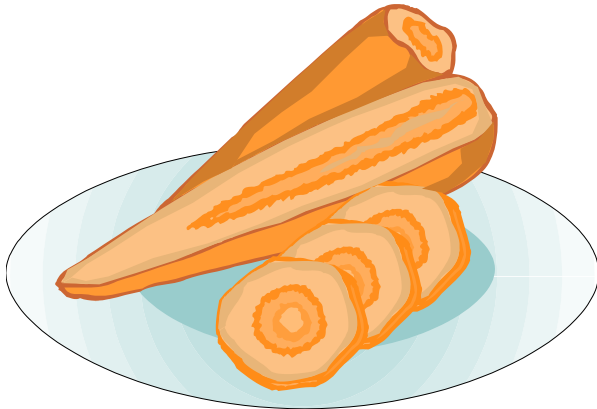
8 oz. MILK

Is This a Meal?

Participant #3 takes:



1 cup FRUIT



1/4 cup VEGETABLE



8 oz. MILK

The Answer is:



- **Meal needs one more reimbursable component.**

Participant #3:

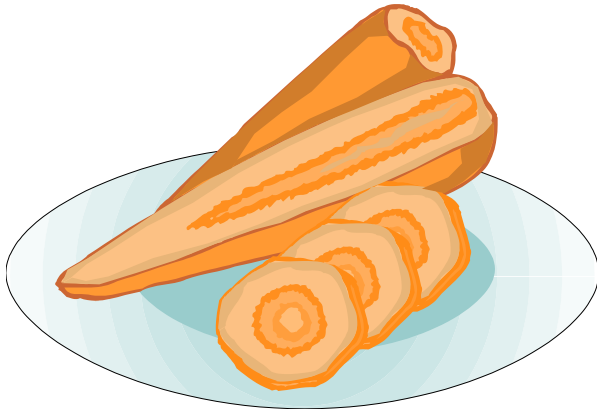
- **Declines** three of the five food components:
 - Meat/Meat Alternate and Grains
 - Full reimbursable serving of Vegetable
- **Takes** two reimbursable food components:
 - Fruit and Milk



2 oz. eq. MEAT/MEAT
ALTERNATE
2 oz. eq. GRAINS



1 cup FRUIT



1 cup VEGETABLE



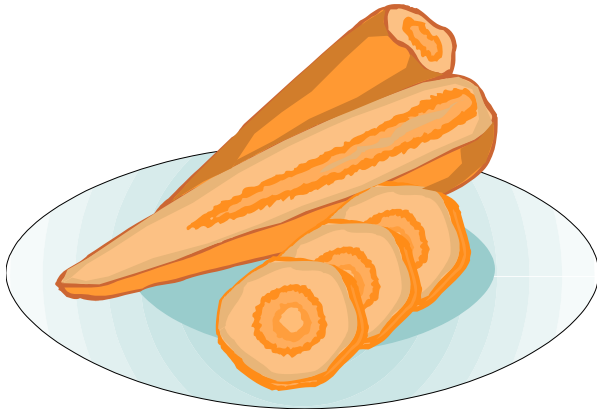
8 oz. MILK

Is This a Meal?

Participant #4 takes:



1/4 cup FRUIT



1/4 cup VEGETABLE



8 oz. MILK

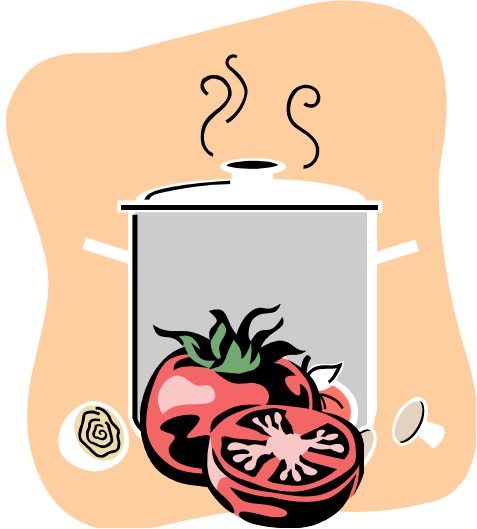
The Answer is:



- **Meal needs 2 more reimbursable food components.**

Participant #4:

- **Declines** four of the five food components:
 - Meat/Meat Alternate and Grains
 - Full reimbursable serving of Fruit and Vegetable
- **Takes** one reimbursable food component:
 - Milk



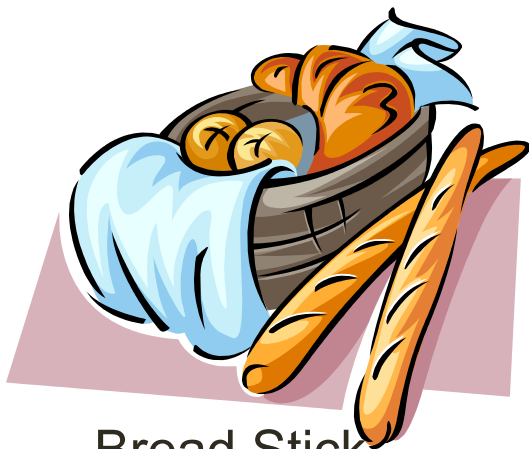
Spaghetti Sauce w/ Meat
2 oz. eq. MEAT/MEAT
ALTERNATE
1/2 cup VEGETABLE



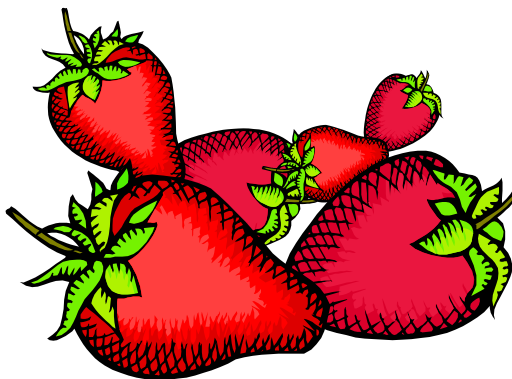
Spaghetti
1 cup
2 oz. eq. GRAINS



Tossed Salad
1/2 cup VEGETABLE



Bread Stick
1 oz. eq. Grains



1 cup FRUIT



MILK 8 oz.

Is This a Meal?

Participant #6 takes:



Spaghetti Sauce w/ Meat
2 oz. eq. MEAT/MEAT ALTERNATE
1/2 cup VEGETABLE



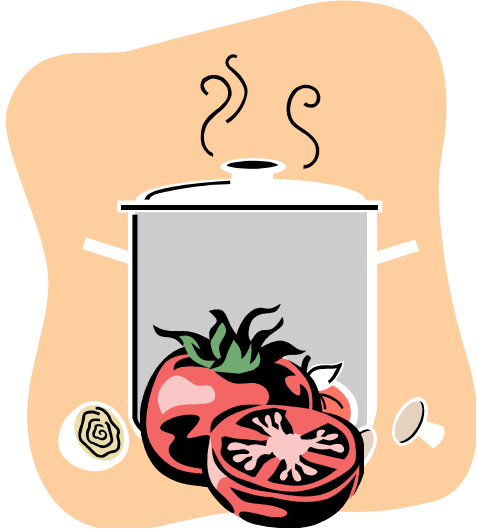
Spaghetti
2 oz. eq. Grains

The Answer is:



Participant #6:

- **Declines** two out of the five food components:
 - Fruit and Milk
- **Takes** three reimbursable food components:
 - Meat/Meat Alternate, Vegetable, and Grains



Spaghetti Sauce w/ Meat
2 oz. eq. MEAT/MEAT
ALTERNATE
1/4 cup VEGETABLE



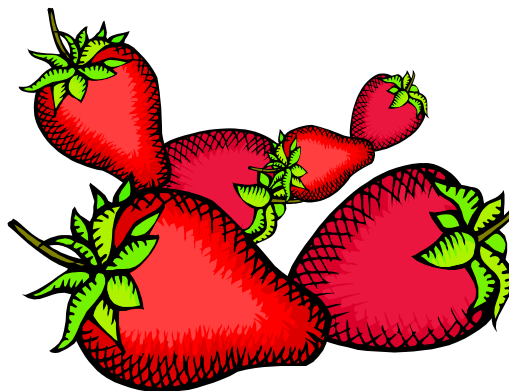
Spaghetti
1 cup
2 oz. eq. GRAINS



Tossed Salad
1/4 cup VEGETABLE



Bread Stick
1 oz. eq. Grains



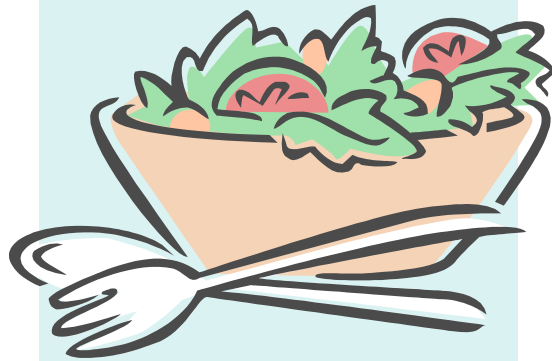
1 cup FRUIT



MILK 8 oz.

Is this a Meal?

Participant #8 takes:



1/2 cup Tossed Salad
1/4 cup VEGETABLE



Spaghetti Sauce with Meat
2 oz. eq. Meat
1/4 cup Vegetable



Bread Stick
1 oz. eq. GRAINS

The Answer is:



- **Meal needs one more reimbursable component or a larger serving of Grains.**

Participant #8:

- **Declines** three out of five food components:
 - Milk, Fruit, and Grains
- **Takes** two reimbursable food components:
 - Meat/Meat Alternate and Vegetable

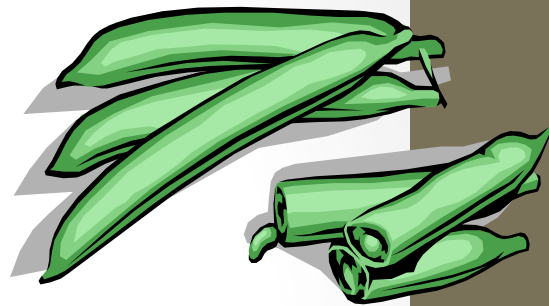


Breaded Chicken Drumsticks

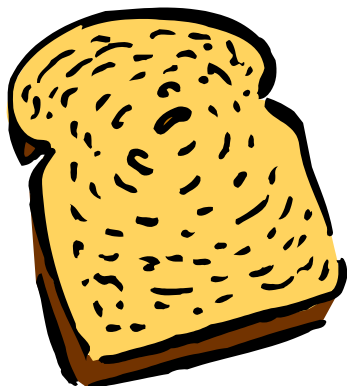
2 oz. eq. MEAT/MEAT
ALTERNATE



Mashed Potatoes
1/2 cup VEGETABLE



Green Beans
1/2 cup VEGETABLE



Whole Wheat Bread
2oz. eq. GRAINS



4 oz. Chocolate
Pudding Cup



Banana
1 cup Fruit



MILK 8 oz.

Is This a Meal?

Participant takes #9:



Banana
1 cup Fruit



Breaded Chicken Drumsticks

2 oz. eq. MEAT/MEAT ALTERNATE



4 oz. Chocolate Pudding Cup

The Answer is:



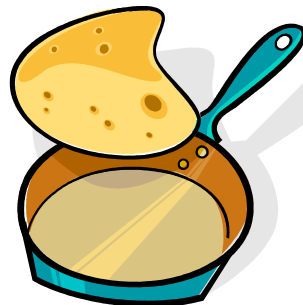
- **Meal needs one more reimbursable component. The pudding is not creditable towards a component.**

Participant #9:

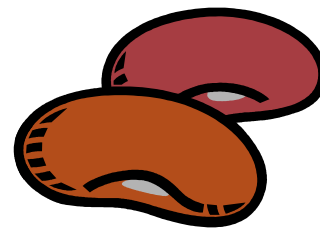
- **Declines** three out of the five food components:
 - Grain, Vegetable, and Milk
- **Takes** two reimbursable components:
 - Meat/Meat Alternate and Fruit



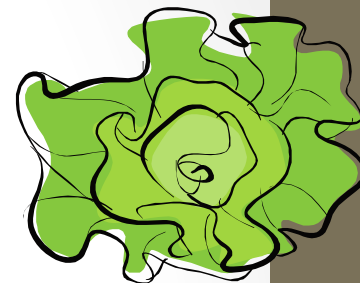
Chicken Fajita Meat
2 oz. eq. MEAT/MEAT
ALTERNATE



Corn Tortilla
2 oz. eq. GRAINS



Refried Beans
1 cup
VEGETABLE



Lettuce
1/8 cup
1/16 cup
VEGETABLE



Orange
1 cup Fruit



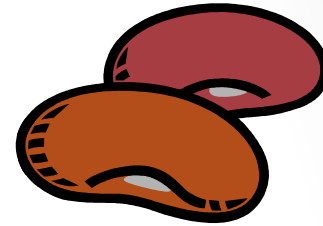
Orange Pops



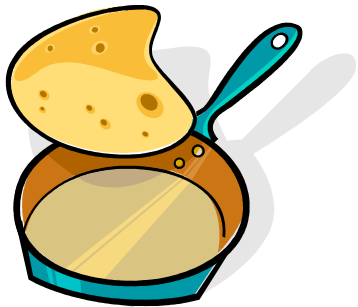
MILK 8 oz.

Is This a Meal?

Participant #12 takes:



Refried Beans
1 cup
VEGETABLE



Corn Tortilla
2 oz. eq. GRAINS



Lettuce
1/8 cup
1/16 cup
VEGETABLE



Orange Pops

The Answer is:



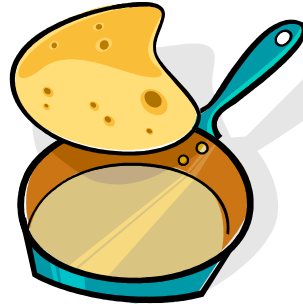
- **Meal needs one more reimbursable component.**

Participant #12:

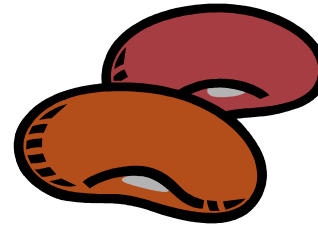
- **Declines** three out of five food components:
 - Milk, Meat/Meat Alternate, and Fruit
- **Takes** two reimbursable components:
 - Vegetable and Grains
- **Remember: Beans can count as a meat alternative or a vegetable but not as both in the same meal.**



Chicken Fajita Meat
2 oz. MEAT/MEAT
ALTERNATE



Corn Tortilla
2 oz. eq. GRAINS



Refried Beans
1 cup
VEGETABLE



Lettuce
1 cup
 $\frac{1}{2}$ cup Vegetable



Orange
1 cup Fruit

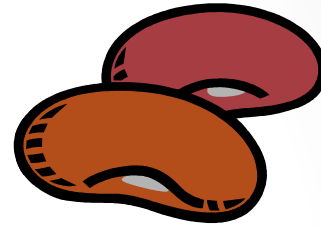


Orange Pops



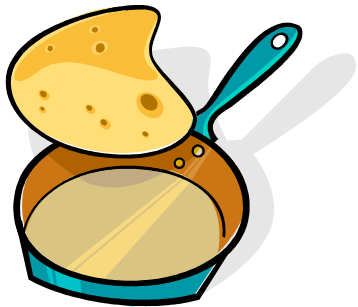
MILK 8 oz.

Is This a Meal?



Refried Beans
1 cup
VEGETABLE

Participant #14 takes:



Corn Tortilla
2 oz. eq. GRAINS



Orange
 $\frac{1}{2}$ cup Fruit



Orange Pops

The Answer is:



Participant #14:

- **Declines** two out of five components:
 - Milk and Meat/Meat Alternate
- **Takes** three reimbursable components:
 - Vegetable, Fruit, and Grains.

Non-Discriminatory Statement

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Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

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Persons with disabilities, who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotope, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

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State

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